

## Primary Non-Hodgkins Lymphoma of Heart In AIDS

Researchers writing in the March *Archives of Pathology and Laboratory Medicine* describe what may be the first reported cases of primary cardiac lymphoma in AIDS patients. In neither of the two newly reported cases was the malignancy suspected clinically, say Jeannette Guarner, M.D., of the Emory University School of Medicine, Atlanta, and colleagues. There have been multiple reports of non-Hodgkins lymphomas

developing in patients with AIDS, primary immunodeficiencies and in transplant patients, the report notes, but "to our knowledge, no cases of primary non-Hodgkins lymphoma of the heart in patients with AIDS have been reported." Primary lymphomas of the heart are extremely rare anyway, the researchers say, accounting for less than 6 percent of primary malignant tumors of the heart and pericardium.

## "Tissue Clay" For Nose Augmentation

A study in the March *Archives of Otolaryngology-Head and Neck Surgery* reports on the use of "tissue clay," a new technique for surgical augmentation and sculpting of the nose. The "clay," a mixture of microfibrillar collagen and a small amount of whole blood from the patient, is prepared before surgery, injected into a subcutaneous pocket in the nose and sculpted into the desired contour, says Michael Evan Sachs,

M.D., of New York Medical College and the New York Eye and Ear Infirmary, New York. The clay solidifies after a week and feels similar to bone. Sachs used the technique in 58 patients over four years, reporting no complications and an average resorption rate over a two-to-four-year period of 16 percent. "The esthetic and functional results in 58 patients were deemed excellent, safe and effective," he notes.

## "Goose Step Hematuria"

A weight-lifter practicing an exaggerated form of "power-walking" may have taken this exercise a bit too far, says a letter in a recent *Journal of the American Medical Association*. Harry D. Kerr, M.D., of the Medical College of Wisconsin, describes a 44-year-old man who sought advice about an episode of painless, dark red urination. The man said this occurred after he helped push a car out of a snowbank, then walked home—a three-mile distance—by "power-walking." He described this as "similar to

goose-step marching," with fully straightened arms swinging forward 90 degrees in synch with a long stiff-legged gait, hips flexed high. This transmits most of the impact of the walking from the heels to the back, Kerr writes. The man began power-walking at the advice of fellow weight-lifters but seems to have considerably exaggerated the technique, which is advocated by body-builder Steve Reeves, Kerr says. "Sometimes 'walking' may not be just walking," he concludes.

## Vegetarian Thermodynamics

The reduced energy expenditure and intake noted in vegetarians may be a result of their high-fiber diet, which is rich in unrefined carbohydrates, vegetables and fruits, a letter in a recent *Journal of the American Medical Association* suggests. Franco Contaldo, M.D., and Alberto Coltorti, of the University of Naples, Italy, studied the effect of dietary fiber on post-meal thermogenesis (heat production in the body) in seven subjects, finding significantly more heat was produced after a low-fiber meal than after one high in fiber content. "Our study suggests that dietary fiber may affect not only energy intake (through the well-known satiety effect) but also energy expenditure," they say. "These findings may contribute to the understanding of low energy requirements (and therefore low energy intake) in vegetarians compared with individuals on the usual mixed American or European diet."

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